

# Healthy Living, Healthy YOU

*A Group for The Empowered Woman*



The **Healthy Living, Healthy YOU** is a support group for women going through separation and/or divorce.

## Goals

- Group members will participate in a series of activities to help facilitate rich and empathic group discussions
- Build a support network for empowered women going through separation and/or divorce

## Activities

Vision Boards, Letters, Mindfulness  
Relaxation & much more!

***Limited to 12 participants***

**Location:** TBD

**Date(s):** 5/2, 5/9, 5/16, 5/23, 6/13 (5 sessions)

**Time:** 5:30pm-7:00pm

**Cost:** FREE

## **To Register:**

Please call SYFS at **(508) 845-6932**

Or

Email **AnitaTapiaSYFS@gmail.com**

Please include *name* and *phone number*

**Registration Deadline:** **April 28<sup>th</sup>, 2016**